

The Memory Book

Activity 1: Discussion questions

1. Take a look at the front cover of *The Memory Book*. Without looking inside, what do you think this book might be about? Who do you think the main character will be?
2. Now read the story together. Were your guesses correct? Can you name two themes explored in the story?
3. Do you have a favourite memory with any family members or friends? Write a sentence below describing that memory.
4. Read through the 'Looking after you' section at the back of the book. What are two things someone can do to make themselves feel better if they know someone with dementia and they're feeling worried?
5. Read through the 'How you can help' section at the back of the book. What are three things you can do to help someone who has dementia?



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Activity 2: Spot the details

Read through the book carefully and answer the questions below.

1. What is the colour of Grandma's armchair?
2. In which unusual place did Grandma leave her cup of tea?
3. Where did Grandma leave the television remote?
4. Name two things Grandma and her granddaughter like doing together?
5. How many times does Grandma's cat appear throughout the book?



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Activity 3: Create your own memory book page

Draw some happy memories with your family members, friends and loved ones in the boxes below to create your very own memory book page.

